DIAPHORETICS - SUDORIFICS

YARROW	**SAGE**	**LEMON BALM**	**CHAMOMILE/ROMAN**
PLEURISY RT	**BLESSED THISTLE**	**THYME**	**CHAMOMILE/GERMAN**
HYSSOP	**CATNIP**	**SPEARMINT**	**BONESET**

Diaphoretic or sudorific agents induce perspiration:
1. By entering the circulation and as they are eliminated by the sudoriferous glands, they stimulate the local nerve-fibers supplying these glands to increase action. Virginia snakeroot, senega, sassafras, sarsaparilla, jaborandi etc. fall into this category.

2. By influencing the peripheral sensory nerves which relax and dilate the superficial capillaries and vessels. They influence primarily the surface and then the whole circulation and the perspiration as a result of the increased blood flow. Cayenne, mustard, lobelia, ipecac etc. fall into this category, as well as Turkish baths; wet packs, cold sheet treatment etc.

3. By influencing he sudoriferous glands indirectly by stimulating the cells in the central nervous system (spinal cord and medulla) from which the nerve fibers controlling the action of the sudoriferous glands originate. Lobelia, jaborandi etc. fall into this category.

If system is hot, skin dry, pulse full and frequent: use relaxing diaphoretic
If heart pulse is weak, skin cold, use stimulating diaphoretic working from center to maintain the heart.

Diaphoresis or sweating a person can be one of the most certain means of restoring health. When millions of pores in the skin are closed, the blood stream soon becomes impure, poisoning the whole system.

DIAPHORETICS MUST BE GIVEN WARM. If given cold they will influence the kidneys. It is always advisable before giving diaphoretics to have the bowels as clean as possible.
COLD DRINKS SHOULD NOT BE GIVEN BETWEEN DOSES.

CATHARTICS SHOULD NOT BE GIVEN JUST BEFORE OR DURING THE ADMINISTRATION OF DIAPHORETICS.

If bowels are not clean, use warm water enema.

Don't carry on the diaphoretics to the point of exhausting the person.

Diaphoretics relax the sweat glands, increase evacuation of watery and saline constituents of perspiration. Their influence is mainly on the surface (maintaining the porous openings of the skin free of obstruction and thereby freely emitting body poisons and keeping the blood pure); also the nervous system is influenced, and ultimately the whole circulation is affected as a result of an increased blood flow. Internal diaphoretics generally need to be aided by stimulating baths and friction with a coarse towel or massage. The diaphoretics are one of the most important of all herb groups because these cleanse the foul, mucous conditions from the body system and start it on the road to good health.

SUDORIFICS are herbal agents that stimulate the sudoriferous or sweat glands, producing profuse and visible sweating that stand as beads upon the surface of the skin when taken hot; they act beneficially as tonics when taken cold.

YARROW

(Botanical name: Achillea Millefolium)

Pharmaceutical family: COMPOSITAE(aster)



NAME: **Millefolium means thousand leaves, referring to its finely divided and highly enunciated feathery leaves that grow from a strong central stem with multiple branches.**

Yarrow's protective qualities are associated with folk names like Soldier's Wound Wort and Knight's Millefoil. Achillea refers to the Greek warrior Achilles who carried the herb into battle for psychic protection and to staunch the bleeding wounds.

PART USED: Herb, often just the flower

GROWING: **Native to Alberta, grows easily. Natural colour is white, but can buy at nurseries in pink, red, yellow. Apparently it doesn't have to be the wild variety in order for the herb to be effective. Perennial, full sun is best. Drought resistant.**

COLLECTION:

Gather yarrow at the flowering stage

Congenial combinations:

- combines well with ginger

- sure cure for fevers when combined with elder flowers and peppermint. All of these have both stimulant and diaphoretic characteristics.

HISTORY: **The stalks grow so straight and remain so sturdy that they were collected in autumn as the original divining tools of the Chinese oracle I CHING.**

QUALITIES:

Taste: Bitter, sour **Colour: deep greenish brown** **Odor: Malty sweet**

THERAPEUTICS:

DIAPHORETIC	**diuretic**
stimulant	**astringent**
tonic	**alterative**
emmenagogue	**vulnerary**

- when administered hot and copiously will raise the heat of the body, equalized the circulation, and produce perspiration

- opens pores freely with its relaxing action upon the skin, and it purifies the blood of morbid waste material

- regulates functions of the liver, and it is especially beneficial and its influence on secretions throughout the entire alimentary canal
- tones the mucous membrane of the stomach and bowels and is healing to the glandular system
- will never weaken a patient, because of its tonic action.

PHARMACOLOGY ACTIONS:

- Has anti-bacterial effect on Staph, Bacillus subtillus, Mycobacterium segmatis
- Antipyretic that can be used during milk to low grad fever of less than 103. Keep patient hydrated and use in association with hydrotherapy.
- Vasodilation and decrease bleeding time. Helpful for thrombosis with hypertension.
- Healing glandular system, regulates and tones liver
- Relieves kidney problems, infection, mucous discharge from the bladder
- Its tonic action is invigorating and will assist nature's actions to remove congestion and disease.
- Helps purify the blood of waster material which must be eliminated in sickness.

INDICATIONS:

- fevers, typhoid fever, colds, influenza
- eruptive diseases (measles, chicken pox, smallpox etc.)
- hemorrhage of lungs and bowels, dyspepsia, jaundice, piles, mucoid, bladder discharges, incontinence of urine, chronic dysentery, diarrhea (incl. infants), obstructed perspiration, catarrh (esp of respiratory tract), uterine problems (amenorrhea, menorrhagia, leucorrhea), suppressed urine, scanty urine, wounds, ulcers, colic, diabetes, Bright's disease, stomach gas, piles, relaxed throat, sore nipples, rheumatism, flatulency, fistulas, influenza (flu), congestive headache, ague, loss of hair.

DOSAGE: (daily)

Decoction: 1/2 cupful
Fluid Extract: 1/2 - 1 tsp
Infusion: 1 wineglassful - 1 teacupful 3-4 times daily
Oil: 5-20 drops
Powder: 1/4 - 1/2 tsp
Tincture: 1 tbsp 3-4 times daily

ADMINISTRATION:

<u>Anal</u>

Diarrhea (infants): inject 1 cupful or more of infusion according to age).

Hemorrhoids (piles), hemorrhage of bowels: Use clean enema, then inject cool tea into bowels (where there is pain, the tea should be about 112°F) then inject 2 tbsp several times a day and after each stool.

<u>Oral:</u>

Colds: taken as hot infusion (tea) at beginning of a cold, alone or in combination with other herbs such as elder flowers and peppermint. Will break up a cold overnight or within 24 hr; wrap person's feet in flannel that has been wrung out in apple cider vinegar, keeping it warm with a hot water bottle.

Fevers: Give 2-3 fluid oz of yarrow decoction every 2-3 hr as hot as the person can take it. If a laxative is called for (be sure to keep the bowels clean so that toxic accumulations do not keep "feeding" the problem, use senna tea.

Enuresis, bronchitis and other respiratory affections: drink decoction cool.
Henorrhage, spitting of blood: drink warm infusion, it will equalize the circulation and relieve pressure from the ruptured vessel, allowing it to heal

Skin

Old wounds, ulcers, fistulas: use an ointment of yarrow, soaking and washing, with the tea is also very beneficial.

Vaginal

Leucorrhea, inflammation of bladder: Yarrow makes an excellent douche for this problem. Use cool.

CAUTION:

DO NOT TAKE IF PREGNANT, MAY BRING ON EARLY DELIVERY/ABORTION.
Prolonged use may cause dermatitis or photosensitivity.
Interactions with other drugs: patients on anti-coagulant or hypertensive medication.

CHAMOMILE, ROMAN

(Anthemis nobilis)

Family: COMPOSITAE(aster)



PART USED: **Flowers mostly, herb**

QUALITIES:

Odor: agreeable
Taste: bit bitter and sweet (another source says very bitter)
Temperature: warm with cooling potential
Moisture: moist with drying potential

GROWING:

Will grow here in the worst of conditions. Actually grows better with abuse, often seen along the back alleys growing without any attention.
COLLECTION: gather at the flowering stage

THERAPEUTICS:

DIAPHORETIC (hot)	**stomachic**	**tonic (cold)**
antispasmodic	**stimulant**	**carminative**
nervine (sedative)	**emmenagogue**	**anthelmintic**
anodyne	**bitter aromatic**	**emetic (warm large dose)**
cathartic (large dose)		

ACTIONS:

- **chamomile flowers, especially, are excellent for diaphoresis, bringing a good flow of blood to the skin surface**
- **its action and influence is rapid upon the circulation, stomach, nerves, and uterus**
- **an excellent stomachic improving the appetite and aiding the digestion by increasing the vascularity (fluid conveyance) of the gastric mucous membrane**
- **very soothing to the nerves, and as a uterine agent it relieves congestions and stimulates the menstrual flow (when taken cold)**
- **as a poultice, it reduces swelling without drawing the poison to a head.**
- **use as a head rinse, it will keep the golden tints of the hair**

PHARMACOLOGY:

Colds, fevers (remittent, bilious, puerperal), painful and congested menstruation, bilious headache, indigestion, colic, spasmodic cough, bronchitis, pulmonary catarrh, acute dyspepsia, hysteria, nervousness, torpid liver, delirium tremens, rheumatism, ulcers, produces, appetite, stomach weakness, kidney, spleen and bladder problems, expel worms, ague, dropsy, jaundice, sore and weak eyes(wash), open sores and wounds (wash), pains and swellings (poultice), gangrene (preventative), bruises, sprains, corns, earache, toothache, neuralgia.

PREPARATION:

- do not boil the flowers as the volatile oils possession much of the therapeutic value will escape
- be sure to cover well in preparation Fluid extract, infusion, solid extract

DOSAGE: (daily)

Fluid Extract: 1/2 - 1 tsp
Infusion: 1 tbsp - 1 wineglassful
Powdered flowers (tonic): 1/2 - 1 tsp 3 times daily
Oil: 1-3 minims
Solid Extract 2-8 grains

ADMINISTRATION:

As a diaphoretic, use hot; as a tonic, use cold
Oral
Colds, bilious fever: give a warm infusion with a little ginger added
Digestive trouble: steep 5-6 flowers for a few minutes in 1/2 cup of hot water and drink as soon as it is comfortable.
Skin
Pain, swellings, neuralgia: apply as a poultice alone or combine with poppy heads (Papaver somniferum)
Toothache, earache, neuralgia: apply in the form of lotion
Sore and weak eyes, open sores and wounds: use tea as a wash.

Congenial combinations:
Chamomile combines well with ginger as a diffusive agent

CHAMOMILE, GERMAN

(Matricaria recutita)

Family: COMPOSITAE(aster)



THERAPEUTICS:

Anti-inflammatory
Spasmolytic
Vulnerary
anti-microbial
mildly sedative
Therapeutically interchangeable with chamomile (Anthemis nobilis) but the German variety is considered more potent and superior to the American variety; similar in appearance, except the German variety has smooth, striated stems, leaflets that are small, smooth and linear, and the flower receptacle is hollow.

INDICATIONS & USES:

Internal:

- **spasms or inflammatory conditions of gastro-intestinal tract; peptic ulcer.**
- **mild sleep disorders, esp. children**

External: inflammations and irritations of skin and mucosa in any part of the body.

CONTRAINDICATIONS:

none known

SIDE EFFECTS:

Extremely rare contact allergy.

DOSAGE:

Internal:

dried flower heads 2-4 g 3 times a day in infusion
1-4 ml liquid extract 3 times a day (1:1 45% ethanol)
3-10 ml tincture 3 times a day (1:5, 45% ethanol)

External: Infusions or semi-solid preparations containing 3-10% m/m of the drug or equivalent.

PLEURISY ROOT

(Asclepias tuberosa)

Family: ASCLEPIADACEAE(milkweed)



OTHER NAMES: **Butterfly milkweed, butterfly weed, Canada root, chiggerflower, fluxroot, Indian paintbrush, Indian posy, orange milkweed, silkweed, silky swallow-wort, tuber root, yellow milkweed, white-root, windroot.**

PARTS USED: **Root**

QUALITIES:

Edible and Medicinal
Odor: slight (almost none)
Taste: When fresh, somewhat disagreeably acrid; when dried, bitterish or slightly bitter.

GROWING: **Perennial, grows 3 ft high. It is native to North America, found in Ontario, Canada, U.S. (except Pacific Northwest). It likes the midwestern regions. Prefers full sun, gravelly and sandy soils of open, dry fields, along roadsides and grassy areas. Its showy reddish-orange flowers attract butterflies. It is also larval food for the Queen and Monarch butterflies.**
Unlike other members of the milkweed family, this has little or no milky sap.
It flowers from June to Sept. In the fall 4-5" seed pods contain seeds which terminate in fine silky fibers, acting as wind sails to wind-dispersed seeds.
Sow in the fall just a little under the surface, tamping it down lightly. It can be sown in the spring but needs a period of cold stratification. Seeds may be mixed with moistened starting medium, then placed into refrigerator for 4 weeks; watch the mixture doesn't dry out. If seeds begin to germinate, plant immediately. After a cold spell, seeds can be started in flats in a greenhouse or warm indoor location. Tamp seeds lightly into surface of soil or cover with thin layer of soil and moisten. Keep medium moist until germination. Transplant outdoors once first true leaves have developed and the threat of a spring freeze has passed.

HARVESTING: **harvest taproot in fall after plant has gone to seed, or early next spring. In some cases, root can be collected in first year, but usually needs several years of growth to reach suitable size for collection.**

HISTORY: **Was considered as a heal-all herb by early European settlers on the North American continent which learned its uses from the Native Americans. The western indians boil the tubers for food, prepare a crude sugar from the flowers and eat the young seed-pods. Traditionally used to relieve symptoms of respiratory congestion; for this is combines well with cayenne, lobelia and grindelia. Some Native American**

traditions used a body wash made of the root to enhance lifting and running strength. In some cultures, it was used as a ceremonial emetic, with ceremonious collection an distribution of the highly valued root. The bark is used to make a quality fiber used for twine or woven into cloth. The silky seed fibers are used for stuffing in pillows, life-jackets, candle wicks and for making cloth.

THERAPEUTICS:

powerful relaxing DIAPHORETIC (sudorific)
stimulant
antispasmodic
cardiac depressant
emetic (large doses)
slightly astringent
anodyne
diuretic
expectorant
mildly carminative
nervine (slightly sedative
tonic
mildly cathartic (large doses)

CONSTITUENTS

Contains cardenolides, the flavonoids rutin and quercetin and is estrogenic. Constituents include alpha-and beta-amyrin, resins, amino acids, volatile oil, glucosidal principal (asclepiadin), kaempferol and lupeol.

It is a bitter, nutty flavoured tonic herb that increases perspiration, acts as an expectorant and relieves spasms and is highly valued as a traditional herbal treatment for asthma and bronchitis.

ACTIONS:

- **was considered by the North American Indians to be one of the "Great White Father's best gifts to the children of nature" because of the specific action on the LUNGS**
- **for all chest complaints including "pleural bronchitis" etc, it is most valuable in assisting expectoration, subduing inflammation rapidly, reabsorbing exudation from the tissues and serious cavities, and exerting a general and mild tonic effect upon the whole system**
- **it is one of Nature's very best therapeutic agents for pulmonary catarrh and difficult or suppressed expectoration, through its beneficial influence on the mucous membranes and serious tissues**
- **Pleurisy root influences the skin and circulation by relaxing the capillaries, thereby relieving the heart and arteries of undue tension, and stimulating a slow and steady perspiration of the sudoriferous glands, wherein the excessive heat due to congestion in the skin is gradually eased.**
- **Natural remedy for diarrhea, dysentery, chronic rheumatism and its antispasmodic and carminative properties may provide a natural treatment for colic, muscle tension and spasm.**

TOXICOLOGY AND CONTRAINDICATIONS

- **It has a long history of use as food and medicine and generally has no adverse effects. However, excessive intake can cause intestinal cramping, nausea, vomiting and diarrhea.**
- **Not to be taken by pregnant women as it may stimulate uterine contractions.**
- **Contraindicated during lactation or for infants due to the trace amount of cardiac glycosides.**
- **Use cautiously with people with cardiovascular conditions or who are taking cardiac**

- **glycosides.**
- **Vomiting if taken in large doses.**
- **In general, not for children**

INDICATIONS:

- **chest and lung troubles, pleurisy, bronchitis, chronic cough, catarrh, asthma, tuberculosis, pneumonia, colds, influenza**
- **eruptive diseases (specific)**
- **fevers of all types**
- **dysmenorrhea, amenorrhea**
- **spasmodic pain, dyspnea, pain, inflammatory rheumatism**
- **dyspepsia, diarrhea, acute dysentery**
- **kidney troubles**
- **colic**
- **scrofula (TB of cervical lymph nodes)**
- **ulcers, wounds, phthisis, gastralgia**
- **for colds, influenza and fever management, combines well with sassafras and angelica to promote perspiration**
- **Poultice of the roots used topically for swellings, bruises, lameness, wounds and skin ulcers.**

DOSAGE: (daily)

Decoction: 1/2 - 1 wineglassful (2-3 fluid ounces)
Fluid Extract: 1/2 - 1 tsp (1/2 - 1 fluid dram 30-60 minims)
Infusion: 1-2 cupfuls daily (hot doses): 1 wineglassful - 1 teacupful
Powder: 20-60 grains 3-4 times daily
Tincture: 1/2 - 1 teaspoonful (fluid dram)

ADMINISTRATION:

Pleurisy root is quite harmless in correct doses, but is not recommended for children because of its powerful action. Do not use this agent when the skin is cold and the pulse is weak, but use a more stimulating diaphoretic.

<u>Oral</u>

Pleurisy, bronchitis, pneumonia, inflammatory rheumatism: give hot infusion while the patient is closely-covered in bed; repeat the dosage every 30 minutes until free perspiration is produced; apply hot cloths externally, wrung out in the infusion.

Fevers: In fevers where skin is hot and pulse is rigid, pleurisy root is especially relaxing and sedative in its cleansing action. A teacupful of the warm infusions (1 in 30) taken every hour will powerfully promote free perspiration and suppress expectoration. The infusion may be prepare by taking 1 tsp of the power in a cupful of boiling water.

<u>Congenial combinations:</u>

When the heart is palpitating or on the weak side, cayenne should be used in combination with pleurisy root; pleurisy root alone will quiet a heavy pulse and moisten dry skin, but a diffusive agent such as ginger will hasten the outward flow of blood in the capillaries.

Combine with cayenne, lobelia and grindelia for respiratory congestion.

Combine with ginger or lobelia for pulmonary congestion.

Often combined with Angelica and Sassafras to produce perspiration in lever add pleurisy and for equalizing the circulation of the blood.

BONESET

(Botanical name: Eupatorium perfoliatum)

Pharmaceutical family: COMPOSITAE(aster)



OTHER NAMES: gets its name from its ability to 'break bone fever'. Thoroughwort . Sometimes known as Joe-Pye Weed, which is a name actually given to Gravelroot (Eupatorium purpureum).

PARTS USED: the herb: dried leaves and flowering tops

GROWING: Perennial, zone 4-8. Grows 2-4' high. Can grow in partial shade or full sun. Likes rich, moist soil and is somewhat drought tolerant. Sow boneset in late summer or early fall – or start seeds indoors about 3 weeks before lat expected frost of the season. Begin with a period of cold, moist stratification. Mix seeds with moistened starting medium and place into a sealed plastic bag, then into the refrigerator for 30 days. During this time, keep watch that it doesn't dry out. If seeds start to germinate, plant immediately outdoors, or to a container if still anticipating spring freezes. After the 30 days in the refrigerator, sow seeds in a greenhouse or warm indoor spot, or direct sow outdoors. Seeds are very small and need light to germinate so keep them moist with a spray bottle or similar but don't disturb the seeds as they begin to sprout.

HARVESTING: flowering bloom and upper leaves can be collected mid to late summer. Don't forget to save seeds to plant again.

QUALITIES:

Odor: faintly aromatic or fragrant

Taste: astringent and persistently bitter

Sister Plants:

Gravel Root (Eupatorium purpureum)
- properties similar to boneset (see under Gravel)

False Boneset (Eupatorium alternifolium)
- properties similar to boneset

Rough Boneset or Wild Horehound (Eupatorium verbenaefolium; E. teucrifolium)
- properties similar to boneset

HISTORY: Used by North American Indians for stomach problems, colds, and fevers, in addition to arthritis and rheumatic ailments. Boneset has also been used to treat influenza, and is said to alleviate pain and reduce fever associated with such imbalance. European settlers used it as a cure-all. Boneset's odor is weak, but its taste is extremely bitter. Many of the earlier works allude to this species as a diuretic, and therefore of use in dropsy, but this is an error, this property being possessed by *Eupatorium purpureum*, the purple-flowered Boneset, or Gravel Root.
It has been much esteemed as a popular febrifuge, especially in intermittent fever, and

has been employed, though less successfully, in typhoid and yellow fevers. It is largely used by the negroes of the Southern United States as a remedy in all cases of fever, as well as for its tonic effects. As a mild tonic it is useful in dyspepsia and general debility, and particularly serviceable in the indigestion of old people. The infusion of 1 OZ of the dried herb to 1 pint of boiling water may be taken in wineglassful doses, hot or cold: for colds and to produce perspiration, it is given hot; as a tonic, cold.

THERAPEUTICS:

DIAPHORETIC (sudorific)	**tonic**	**febrifuge**
expectorant	**nervine**	**stimulant**
diuretic	**antispasmodic**	**aperient**
emetic (large doses warm)	**antiperiodic**	**stomachic**
bitter		

- **causes sweating, releases the exterior and scatters wind heat; relieves coughing.**
- **clears heat and resolves fever; stimulates the liver, promotes bowel movement and moves stagnancy.**
- **restores the stomach/spleen, awakens the appetite and generates strength.**
- **It is regarded as a mild tonic in moderate doses, and is also diaphoretic, more especially when taken as a warm infusion, in which form it is used in attacks of muscular rheumatism and general cold. In large doses it is emetic and purgative.**

INDICATIONS:

Cleansing/ Liver:

A great Indian remedy cleansing to the stomach, liver bowels, uterus, skin and though it manifests great power, it is quite safe and harmless
Liver fire with constipation, head congestion, feverishness
Liver qi stagnation with right side pain, constipation
Jaundice, acute or chronic

Fevers:

Reduces fevers and induces sweating.
Sudorific tonic in its action on the skin and it stimulates the secretion of bile by the liver as well as by gall cysts
Convalescence from acute or chronic fevers.
Emittent fever in Shao Yang stage; rheumatic fever

Pain, Infection:

Use anywhere there is inflammation, pain or infection.
External wind heat onset of infections with thirst, deep muscle pains as if in bones, backache, coughing.

Tumors:

Its flavonoids have shown some anti-tumor properties.

Cough:

Lung wind/heat/dryness with dry irritating cough, hoarseness
Coughing with measles, asthma in hot conditions.

Other:

Spleen qi deficiency with fatigue, no appetite, diarrhea

Stimulant, febrifuge and laxative. It acts slowly and persistently, and its greatest power is manifested upon the stomach, liver, bowels and uterus.

As a remedy in catarrh, more especially in influenza, it has been extensively used and with the best effects, given in doses of a wineglassful, warm every half hour, the patient remaining in bed the whole time; after four or five doses, profuse perspiration is caused and relief is

obtained. It is stated that the popular name Boneset is derived from the great value of this remedy in the treatment of a species of influenza which had much prevailed in the United States, and which from the pain attending it was commonly called Break-Bone Fever.

CONTRAINDICATIONS:

Minimal chronic toxicity

PREPARATION:

Fluid extract, infusion, powder, solid extract, tincture.
The infusion and tincture are the best preparations.

DOSAGE: (daily)

Fluid Extract: 1/2 - 1 tsp. 1.5gm dried herb, 7 ml alcohol, 8 ml water
Infusion: 1 wineglassful 3-4 times daily (adults)
1 tsp - 1 tbsp (according to age of child)
Powder: 10-20 grains
Solid Extract: 5-10 grains
Tincture: 10-40 minims (2/3 teaspoonful)
Fresh herb: 2-4 teaspoon
Dried herb: 1-2 mg
When using for fatigue, no appetite, diarrhea or convalescing, use small doses of tincture drunk warm or cool.
Larger than normal doses make a safe emetic, especially used for liver fire, constipation, jaundice, rheumatic fever.

ADMINISTRATION:

Give infusion Cold as a tonic, diuretic, etc.
Give infusion Warm as a diaphoretic, emetic (large doses) etc.
<u>Oral:</u>
Emesis: give a strong infusion (lg dose) as hot as can be comfortably swallowed, which will also induce an evacuation of the bowels
Bilious colic: give 1 wineglassful (warm) every 1/2 hour until vomiting results; then after 1/2 hour give a small dose as a tonic(cold) and every 2-3 hours thereafter.
Influenza, colds, fevers, etc: Give patient 1/2-1 teacupful hot, every hour until freely perspiring and the ever begins to subside, then give in smaller dose as a cold tonic every 2-3 hours and keep closely covered in bed 24-48 hours until all signs of the fever are gone.
Muscular rheumatism: Give in small, tonic doses, this is one of the best known remedies for this problem.
Bilious remitting fevers, yellow fever, night sweats, indigestion: Give 1 solid extract pill every 2-3 hours

<u>To Make a Solid Extract:</u>
Boil the herb in water for 15 minutes to make a strong decoction, then evaporate the decoction to a solid extract and make into pills. Boiling down the herb to make a solid extract removes the relaxing properties of boneset, leaving medicinal material which is a stimulant, antispasmodic, and tonic remedy of great importance.

Traditional Formulas:
Fenugreek combination

NOTES:
Although Boneset is essentially a very simple herb, to appreciate the means by which it achieves its simple results affords us a good insight into the interrelatedness of pharmacological energetics and functions. Boneset's effects are fundamentally stimulating and restoring.

<u>Tea for Flu or Colds</u>
Equal parts of Boneset, Yarrow and Peppermint and Elder Flower.
Take 2 tsp herb mix, pour over 1 cup boiling water, cover and steep 20 minutes. Strain and drink. You can do 3 cups a day to promote fevers and make the viruses very uncomfortable and weakened.

BLESSED THISTLE

(Botanical name: Carbenia benedicta)

Pharmaceutical: COMPOSITAE(aster)





OTHER NAMES: **Carbenia Benedicta, Cardo Bendito, Cardo Santo, Carduus, Carduus Benedictus, Chardon Béni, Chardon Bénit, Chardon Marbré, Cnici Benedicti Herba, Cnicus, Cnicus benedictus, Holy Thistle, Safran Sauvage, Spotted Thistle, St. Benedict Thistle.**

PARTS USED: **Whole herb, also fruit or root**

GROWING: **This plant normally grows in the Mediterranean eg. Portugal, and Western Asia. Sow seeds in spring. It takes 1-3 weeks to germinate the seed. It will not grow in the shade, so get as much sun as possible. The plant can be cut back by 1/3 and harvested 2-3 times during the growing season. It grows up to 2 feet high and normally grows in zones 5-9. We are zone 2-4 here, but this is actually an annual, so save the seeds from year to year.**

HARVESTING: **harvest leaves before the plant flowers so the energy is in the leaves, then when flowers, can harvest the flowers and leaves and cut back to encourage more growth.**

QUALITIES:

TASTE: **Intensely bitter, a bit pungent & astringent. Extracts of the plant are nauseating and until recently herbalists had replaced blessed thistle with more pleasant tasting herbs like chamomile. Since the intro of hard shell gelatin capsules, the popularity of this herb is on the rise.**
Temperature: neutral with secondary cooling effects.
Moisture: dry
Odor: A feeble, disagreeable odor.

ID: **Erect plant with woody, branched stems. Leaves are 2-3" long, greyish green and oblong to lanceolate. Yellow flowers are terminal, 1" long, 1 3/4" wide.**

GROWING: **Annual. Flowers appear May-Aug.**

SISTER PLANTS:

Common carline Thistle (Carlina vulgaris)
Good both as herbal medicine and as food.
Common Star Thistle (centaurea calcitrapa)
Dwarf Thistle (Carduus acaulis)
Milk or Marian Thistle (Silybum marianum); seeds and roots; strengthens the memory because of the effect on circulation; leaves good in salads, peeled stalks can

be baked into pies.
Scotch Thistle (onopordon acanthiam)
St. Mary's Thistle (Carduus marianus); seeds haemostatic, emmenagogue, hepatic; uterine hemorrhage, amenorrhea (derangement of portal circulation), liver congestion, jaundice, gall and liver affections.

HISTORY: Many wonder why this thistle has the title of 'Blessed' as a prefix to its common name. In one of the legends of King Charlemagne, the king of the Franks in the 1st century, it is said that his army was dying of the plague when campaigning for control of Western Europe. Fearing that he would lose the war an angel appeared in his dreams and told him to shoot an arrow into the air and whichever plant the arrow landed he should feed to his troops. Charlemagne did as the heavenly messenger instructed and his arrow landed in a big patch of thistle. Having given his army the thistle to eat, all were saved from the plague and continued to fight the war. This particular thistle became known as blessed from this moment on .

According to the herbalist Steven Horne, thistles are warrior plants by nature – they are difficult to eradicate, hard to dig up and resistant to herbicides. However, although neither gentle nor friendly, he believes they are there for our benefit. They are edible, making them an outstanding survival food. They tend to grow where the environment has been damaged, keeping animals and people away whilst the land heals, and they have medicinal properties that are primarily associated with the liver - the organ that defends our blood stream against toxins.

CONSTITUENTS:

- **Sesquiterpene lactones, principally the germacranolide cnicin at concentrations of .2-.7%. The structure of cnicn was first isolated in 1837-42, proposed in 1960 and later amended. Salonitenolide and traces of artemisiifolin are also found; these lactones can easily be formed in vitro from cnicin.**
- **Lactonic lignans including arctignin, tracelogenin and the glucosides nortracheloside and 2-acetylnortracheloside.**
- **volatile oil, in small amount. Constituents identified in the steam-distilled oil include n-paraffins C9 to C13, aromatic aldehydes cinnamaldehyde, benzaldehye, cuminaldehyde and monoterpenes citronellol, fenchone, p-cymene and others.**
- **polyacetylenes, in small amounts.**
- **flavonoids in small amounts incl. glucosides of luteolin, kaempherol and apigenin**
- **triterpenes including a-amyrn and derivatives oleanolic acid and multiflorenol.**
- **phytosterols including stigmasterol and sitosterol-3-glucoside.**
- **other components include n-nonacosane content, esp. of potassium, maganesium and calcium.**

AREAS AFFECTED:

Stomach liver intestines kidneys lungs brain nerves.

THERAPEUTICS:

TONIC (cold) diaphoretic(hot) EMMENAGOGUE stimulant
febrifuge antiperiodic vulnerary emetic(double or triple dosage)

Increase milk: This is a very beneficial aid for nursing mothers, stimulating the mammary glands. It is very useful in purifying the blood, aiding circulation, and for all liver problems.
Brain: Used to oxygenate the brain, it goes around the whole blood barrier

Tonic: As a tonic it strengthens the brain, heart, and stomach.
Stomach: Often combined with other herbs and used as a stomach tonic.
Fever: A good tea for those who struggle with fever.
Lung Infections: One of the herbs used to re-establish the yin magnetic power of the lungs. Known to heal infections of long standing of the lungs.
Liver and Digestion. Classed as a cholagogue herb, Blessed Thistle stimulates the production of bile which assists in detoxification of the liver. This in turn leads to a decrease in symptoms associated with poor liver function such as; fatigue, loss of appetite, nausea and brain fog. This liver supportive herb is often recommended to people who need to regain their appetite when recovering from illness or from certain treatments known to cause loss of appetite. The stimulation of bile will in turn stimulate the production of gastric juices and saliva. This allows the body to digest fat more effectively, thus reducing cholesterol and helping to prevent gall stones. Blessed Thistle is also high in sesquiterpene lactones, such as cnicin - these lactones are reported to stimulate digestive activity by increasing the secretion of digestive enzymes which leads to improved digestion and appetite.

Anti-Microbial Two compounds found in Blessed Thistle - polyacetylene and cnicin - can help your body battle bacterial infections. Some studies have shown these compounds to be effective against Bacillus subtilis, Brucella species, Escherichia coli, Proteus species, Pseudomonas aeruginosa, Staphylococcus aureus and Streptococcus faecalis.

Inflammation: Blessed Thistle has anti-inflammatory characteristics that have been observed to decrease or completely cease inflammation in addition to helping to remedy infections. This action is again thought to be due to the plant compound cnicin which is known to have anti-inflammatory activity. Nevertheless, persons with inflammatory bowel problems shouldn't take this herb before getting the opinion of their personal health-care professional.

Holmes: This plant is very much the European equivalent of the American remedy Boneset. Both possess a pronounced bitter taste and stimulate sweating. Both these energetic factors have been used in all medical systems to clear heat and resolve fever. This plant is therefore an important fever herb and all the more called for where there is weakness, poor digestion and phlegm or damp accumulation. Like Boneset it is both a Tai Yang and a Shao Yang type fever herb when the temperature runs high and the pathogen is severe; it is classically always used for remittent fevers as well as for goading timid surface eruptions into full expression during the course of eruptive fevers. Equally important is this herb for liver and gastrointestinal disorders, regulating spleen functions in chinese medicine. Liver qi stagnation and liver fluid congestion are vigorously taken command of, the kidneys are dredged and the whole fluid organism as a result is regulated. Mucus and phlegm are loosened, thinned and eliminated in the head, lungs, intestines, urogenital area and possibly lymphatic system. It is used where mucous damp affects head causing dizziness and other neurological symptoms.

INDICATIONS:

Biliousness
colds
dyspepsia
fractured bones(poultice)
insanity
chronic headaches
dropsy
emesis
heart problems
intermittent fevers

Blessed Thistle **4.**

kidneys **liver**
loss of appetite, anorexia **lungs**
painful menstruation **menstrual disorders due to colds**
strengthens memory **purification of blood**
mother's milk **Topically for wounds**

FUNCTIONS/USES:

*** restores stomach/spleen, intestines, liver and nerves; awakens appetite, restores strength; dries mucous damp, enhances the memory, lifts the spirit and rids depression.**
- liver & stomach qi deficiency: fatigue, lack of appetite, painful digestion.
- intestines mucous damp (spleen damp): gurgling distended abdomen, alternating, constipation and diarrhea
- nerve deficiency: dull thinking, memory loss, dizziness, poor hearing, tinnitus, nervous depression
- exhaustion or debility due to overwork, illness, anemia

*** clears stasis, seeps water and promotes urination; stimulates the liver and dredges the kidneys, promotes cleansing and promotes lactation**
- liver fluid congestion: edema from waste down, nausea
- liver qi stagnation: depression, constipation, headache
- jaundice
- kidney qi stagnation: headaches, dry skin, poor appetite, intermittent pains general toxemia with rheumatism, arthritis gout.
- poor eyesight
- deficient or poor quality breastmilk

*** causes sweating, releases the exterior and scatters wind cold; resolves fever and pushes out eruptions**
- external wind cold: onset of infections with fatigue, feverishness
- eruptive fevers: measles, chickenpox etc.
- remittent fevers in Shao Yang stage incl. malaria

*** drains and expels vicous phlegm, opens the chest and relieves coughing**
- head phlegm congestion: difficult breathing or hearing, sinus congestion, dizziness, heavy head
- lung phlegm damp: full cough, wheezing, coughing up thick viscous phlegm
- chronic bronchitis, bronchial asthma

*** restrains infection, antidotes poison and dissipates tumors**
- slow healing wounds, sores, internal ulcers
- intestinal infections
- tumors, cancer
- stings, bites
- chilblains

CONTRAINDICATIONS:

Holmes: avoid using in acute kidney inflammations or with high gastric acidity
In large doses produce an emetic and expectorant effect. Its bitter glycosides are said to stimulate appetite and act as a tonic to the digestive tract. Large doses are also said to produce a diaphoretic and general stimulant action.

PREPARATION:

The whole herb, including seeds, drunk in hot infusion will cause sweating to chase wind cold conditions and will bring out eruptions in measles. For all other use the tincture or fluid extract is the best preparation.

Washes and compresses come into their own in the external treatment of chronic wounds, stings, chilblains and local inflammations.
Willard: use as cold infusion for tonic for nursing mothers, often mixed 3 parts along with 1 part red raspberry leaf to increase milk supply (2-6 cups a day).

DOSAGE: (daily)

Fluid extract: 1/2 - 1 tsp (4.5 gm dried herb, 22ml alcohol, 23 ml water
Infusion: Use 1 tsp per cup boiling water. Strain and drink 1/2-1 cup 3 times daily
Chronic headache: 1 cupful twice daily
Tincture: 5-20 minims(drops): 1/3 tsp
British Pharm.: 3 times daily (dried herb 1.5-2g in infusion); (that 1.5-2 ml liquid extract of 1:1 25% ethanol); (take 3-6 ml tincture at 1:5 25% ethanol).
Holmes: Large doses may cause vomiting and nosebleeds.

ADMINISTRATION:

Oral
Biliousness: give cold infusion
Emesis: to cause vomiting give copious amounts of warm infusion. This will also have a depurating effect upon the liver and gall ducts; a somewhat loose bowel action will result, with a free discharge of bile.
Mother's milk (plentiful milk supply): give cold infusion to nursing mothers. This herb is considered by many herbalists to be the best agent for this purpose.

THYME

Botanical name: Thymus vulgaris

Family: LABIATAE(mint)



OTHER NAMES: **Common Thyme, Farigoule, Farigoulette, French Thyme, Frigoule, Garden Thyme, Huile Essentielle de Thym, Huile de Thym, Huile de Thym Blanc, Huile de Thym Rouge, Mignotise des Genevois, Oil of Thyme, Pote, Red Thyme Oil, Rubbed Thyme, Serpolet, Spanish Thyme, Thym, Thym Citron, Thym Commun, Thym des Jardins, Thym Maraîcher, Thym Vrai, Thym Vulgaire, Thyme Aetheroleum, Thyme Essential Oil, Thyme Oil, Thymi herba, Thymus vulgaris, Thymus zygis, Tomillo, Van Ajwayan, Vanya Yavani, White Thyme Oil.**

PART USED: **Herb. Flowers, leaves and oil are used as medicine.**

ID:

Stem: small undershrub, numerous stems; procumbent or trailing at base, 6-12" high, quadrangular stem and branches, pubescent (downy or covered with soft, fine hairs), purplish shoots, pale brown bark, almost evergreen.

Leaves: opposite, small 1/3" long, 1/16" broad, elliptis (lanceolate or arrow-shaped), grayish-green, short-stalked reflexed at margin, strongly aromatic, numerous; powder is light green.

Flowers: small, lavender, arranged on leafy and whorled spikes, bilabiate (two-lipped)

Odor: aromatic

Taste: strong, pungent and spicy

GROWING:

- Perennial. Easy to grow in North America, Europe.

- native of southern Europe, from Portugal to Greece, naturalized in the U.S. and cultivated in gardens for culinary purposes

- grows wild in the mountains

- flowers all through June

- propagate by seed indoors and transplant the seedlings (only the Thymus vulgaris variety is easy to germinate), layering, cuttings or root division, spacing 10 inches apart;

- grows best in light, sandy, limy and well-drained soil, in raised beds and in full sunlight (needs plenty of sunshine) or it will thrive indoors in a sunny window (grown in 5" pot or box)

- keep well-clipped to prevent getting too woody and renew or replace periodically with a new plant. Thyme is very hardy, but it should be protected in winter by a leafy covering or mulch; often if the top is frozen, it will put out new green shoots.

<u>Collection:</u> - clip tops at the full state of bloom (June)

<u>Drying and preservation:</u>

- be careful as much of the medicinal value in thyme is due to its volatile oil.

<u>Sister plants:</u>

Caraway (Thymus Herba barona)

Lemon thyme (Thymus citriodorus)

Mother of Thyme or Wild Thyme (Thymus serphyllum)

- herb
- convulsive coughs, whooping cough, catarrh, sore throat
- resembles Thymus vulgaris, but the leaves are 1/8" broad tapering below, green, ciliate at the base and not recurved at the margins, prominent veins on the under surface, weaker odor.

HISTORY:

Thyme is taken by mouth for bronchitis, whooping cough, sore throat, colic, arthritis, upset stomach, stomach pain such as gastritis, diarrhea, bedwetting, a movement disorder in children (dyspraxia), intestinal gas, parasitic worm infections, and skin disorders. It is also used to increase urine flow (as a diuretic), to disinfect the urine, and as an appetite stimulant. Some people apply thyme directly to the skin for hoarseness, larngitis, swollen tonsils, sore mouth, and bad breath.

Thyme oil is used as a germ-killer in mouthwashes and liniments. It has also been used diluted on the scalp to treat baldness, and in the ears to fight bacterial and fungal infections.

CONSTITUENTS:

Oil of thyme, the essential oil of common thyme (Thymus vulgaris), contains 20–54% thymol. Thyme essential oil also contains a range of additional compounds, such as p-cymene, myrcene, borneol, and linalool. Thymol, an antiseptic, is an active ingredient in various commercially produced mouthwashes such as Listerine. Before the advent of modern antibiotics, oil of thyme was used to medicate bandages. It has also been shown to be effective against various fungi that commonly infect toenails. Thymol can also be found as the active ingredient in some all-natural, alcohol-free hand sanitizers.

Oil: stimulant, tonic, emmenagogue, antispasmodic, antimintic (vermicide)

Warming: In excessive doses, it is emetic, depressive and exhaustive.

Thymol: Stimulant, antiseptic, deodorant, disinfectant, anthelmintic (vermicide), parasiticide, antipyretic, local anesthetic. It is anesthetic to the skin and mucous membranes, have paralyzing effect on the ends of sense nerves.

THERAPEUTIC ACTION:

DIAPHORETIC (hot)	tonic	antiseptic
antispasmodic	carminative	emmenagogue
nervine sedative	vulnerary	
anthelmintic (vermicide)		

- this is an old-time household remedy with a very healing and antiseptic action
- especially beneficial for respiratory, stomach, uterine and bowel problems and it has a soothing sedative action on the nerves
- powerful yet harmless and non-poisonous
- may be relied upon to eliminate all infection, to destroy worms and take away all foul odors
- will restore health to children who are debilitated and exhausted by whooping cough.
- forms the basis for world-famous Listerine Antiseptic compound
- over 60 varieties of thyme, but Thymus vulgari is the best for both medicinal and culinary purposes.

USES:

menstrual obstructions (dysmenorrhea, amenorrhea)

- **headaches**
- **nightmares**
- **colic, flatulence, stomach weakness, stomach cramps, diarrhea**
- **asthma, lung problems, whooping cough, bronchitis, cough, throat irritations (gargle)**
- **febrile condition (fevers)**
- **wounds**
- **toothache**
- **bad odor (deodorant)**
- **rheumatism, gout**
- **scabies, indolent ulcers, spasms, hysteria**
- **It kills bacteria, fungus – main ingredient in mouthwashes, Seventh Generation disinfectant, so small amounts are used in Tincture and other formulas to kill infections.**

The oil has been used for: Chlorosis, diarrhea, bronchitis, gleet, gonorrhea, leucorrhea, neuralgia, rheumatism, vesical catarrh; externally for baths, earache, gangrene, itch or scabies (lotion), muscular rheumatism, sores, ulcers (esp. the odor), toothache (apply on cotton).

Thymol: Fetid (foul-smelling) bronchitis, cancer, diarrhea, dysentery, diphtheria, diabetes, gonorrhea, leucorrhea, conjunctivitis, ozaena, otorrhea, rhinitis, stomatis, skin diseases (psoriasis, eczema) typhoid fever, uterine lochia

PREPARATION:

Elixir, fluid extract, infusion, oil, powder, tincture.

Infusion: Do not boil and keep closely covered due to the highly medicinal volatile oil.

Bath: soak a good bucketful of fresh thyme or 8 oz (200g) dried thyme in cold water for 12 hours. Use smaller amount for children. After 12 hours, heat up gently, strain and add to bathwater.

Oil: fill glass bottle with freshly picked leaves. Add enough oil to cover. Seal, let stand in warm place 3 weeks.

Tea: use 1 heaping tsp for each cup. Pour hot water over, steep 30 seconds.

DOSAGE:

Elixir: 1-2 tsp
Fluid Extract: 10-60 minims (1 teaspoonful)
Infusion: 1 wineglassful 3-4 times daily
Oil: 1-5 minims (always use in small doses when used internally)
Tincture: 1/2 - 1 tsp

ADMINISTRATION:

Thyme is generally given in combination with other remedies. The infusion is preferred for children

<u>Oral</u>

Menstrual problems, dysmenorrhea, amenorrhea, fevers, whooping, cough, asthma, bronchitis etc: give a warm infusion; for small children, give small and frequent doses.

Stomach weakness, dyspepsia, flatulence, spasms, diarrhea: give a cold infusion

Whooping cough: mix 1 part of the infusion with 1 part honey (1 tsp - 1 tbsp); give when the cough is troublesome.

HYSSOP

(Botannical name: Hyssopus officinalis)

Family: LABIATAE(mint)



OTHER NAMES: **The names hyssop and Hyssopus come from a Semitic word for a different herb. Officinalis means "from the storeroom", that is, the druggist's storeroom. Although *H. officinalis* has no alternate common names, several other plant genera have members that bear the common name hyssop. Among these are Agastache (anise and giant hyssops), Bacopa (water hyssop), Gratiola (hedge hyssop), and Verbena (wild hyssop).**

PART USED: **Herb**

ID:

Stem: sub-shrub, 1-2' high, woody at the base, rod-like branches, almost evergreen

Leaves: opposite, nearly sessile, smooth, dark green and punctual (dotted) on each side, linearly lanceolate, about 1" long and 1/8" broad, hairy on the margin

Flowers: purplish-blue (seldom white or pink) in axillary tufts or spikes arranged on one side (4 stamens)

Odor: aromatic, spicy and minty

Taste: pungent, spicy and somewhat bitter.

GROWING:

- **perennial**
- **common to Europe and U.S. Easy to grow in Canada. Can usually buy at a nursery in the springtime**
- **raised principally in gardens, grows best in well-drained; limey and warm soil and in partial shade (but it can be grown in direct sunlight)**
- **blooms from July to frost and makes a lovely hedge**
- **propagate by seed (easy germination), cuttings, or root division in the spring**
- **Hyssop is part of the mint family, grows in small bushes.**
- **Some people think the smell is sweet, others think it smells 'skunky'. You can buy the plant to get started to try it from seed.**
- **Can bring in for the winter and use all winter. It will usually die out around March and then you can start anew..**
- **Favourite plant for the bees.**
- **It is easily grown from seeds sown in March/April or in the fall for germination the following spring. Sow only 1/4" deep indoors or out. Germination is 7-10 days. Divided established plants in spring or fall. Like other Mediterranean herbs, it likes a warm position and light, well-drained alkaline soil up to as high as pH 8. Full sun or light shade is good.**

HISTORY:

Hyssop has been used medicinally for centuries to treat a whole gamut of ailments, from falling sickness (epilepsy) to snakebite. The herb's medicinal odor probably prompted its use in bouquets to ward off plagues. Gerard recommended gargling a decoction of hyssop and figs for a sore throat. And lungs, coughs, short of breath. Furthermore, a mixture of hyssop, vinegar, and figs might be taken to expel worms. Hyssop had more culinary uses in days gone by than it does today. Medieval monks made soups and sauces with it. Its peppery, bitter flavor disguised spoiled meats, and it was thought to aid the digestion of fat.

Other herbalists mentioned using oil preparations of hyssop to kill lice and treat numb joints. Directing the steam from a decoction of hyssop into the ears was said to remedy inflammation or ringing of the ears. Diseased poultry were subjected to the smoke of dried hyssop.

The Romans made an herbal wine of hyssop. Today, the oil is used in liqueurs and is an important constituent of Chartreuse and Benedictine.

The oil is also used in perfumery. In the Middle Ages, hyssop tops were strewn on floors to mask bad smells. These days, our housekeeping habits have improved, but we can add the dried leaves with their clean aroma to potpourri, sachets for the linen closet, and laundry rinse water.

THERAPEUTIC ACTION:

DIAPHORETIC (sudorific)	diuretic (lithotriptic, nephritic)	stimulant
expectorant	aromatic	tonic
anthelmintic (vermifuge)	aperient	carminative
pectoral	febrifuge	vulnerary

- Hyssop promotes a gentle diaphoresis of the skin and is thereby relieving as well as healing to the kidneys, bladder and spleen
- its healing virtues are largely due to a volatile oil which is stimulative, carminative and sudorific
- its aperient properties will influence the bowels with a gentle movement, and its stimulating properties are a pleasant tonic and relief to the mucous lining of a weak stomach and to dryness in the bowels
- hyssop has an excellent expectorant action and it has been used for generations in pulmonary complaints
- its stimulant properties are diffusive in increasing blood circulation and equalizing the pressure

MEDICINAL USES:

colds	coughs	fevers
bronchitis	hoarseness	sore or ulcerated throat
lung troubles	liver affections	asthma
chronic catarrh	black eye	bruises
quinsy	scrofula	gravel
high blood pressure	epilepsy	expels worms
eye trouble	inflammation	T.B./consumption
dropsy	dyspnea	

eruptive diseases (scarlet fever, smallpox, chicken pox), kidney and stomach complaints (gastric debility, dyspepsia, flatulence)

vermicide for body lice.

DOSAGE:

Fluid Extract: 1/2 - 2 tsp
Infusion: 1 wineglassful taken frequently (as often as every hour)
Powder: 1/4 to 1/2 tsp taken frequently or as often as each hour
Tincture: 1/2 - 1 fluid dram (teaspoonful)

ADMINISTRATION:

Hyssop is usually given in warm infusion, taken frequently, generally it is used in combination with other remedies.

Oral

Sore or ulcerated throat: use a warm gargle
Fevers, bronchitis etc: give 1 wineglassful warm every hour (acts as a mild diaphoretic, relieves the kidney and bladder, gently influences the bowels, pleasantly soothes the lining of the stomach; sponge daily with vinegar and warm water.
Asthma: brew the green tops in soup, or give the warm infusion
Eruptive Diseases: Give 1 wineglassful of the infusion every hour; or combine with marigold flowers; sponge down with vinegar and warm water.
Kidney and liver affections: give cold infusion
Worms: give tea 3 times daily before meals.

Skin

Cuts, inflammations, black eye, wounds: bruise the green herb or leaves and apply to the affected area as a poultice
Rheumatism, bruises, contusion: apply a fomentation of the infusion from the leaves externally and keep warm with moist heat.

Congenial Combinations:

Hyssop combines well with horehound which is a stimulating tonic and diaphoretic.

SAGE

(Botannical name: Salvia officinalis)

LABIATAE(mint)



OTHER NAMES: garden sage, common sage,

PART USED: leaves, sometimes stems, infrequently the root or seeds

GROWING: Perennial. Sage is one of the easiest plants to grow in Medicine Hat. They grow wild for the taking, but if you want to grow the culinary type (see picture above), it grows well here. Pick a sunny spot, and don't over water it.

COLLECTION: Gather during flowering season and dry carefully to preserve volatile oil.

HISTORY: Sage has one of the longest histories of use of any culinary or medicinal herb. Ancient Egyptians used it as a fertility drug (Bown, 1995). In the first century C.E. Greek physician Dioscorides reported that the aqueous decoction of sage stopped bleeding of wounds and cleaned ulcers and sores. He also recommended sage juice in warm water for hoarseness and coughs. It was used by herbalists externally to treat sprains, swelling, ulcers, and bleeding.

Internally, a tea made from sage leaves has had a long history of use to treat sore throats and coughs; often by gargling. It was also used by herbalists for rheumatism, excessive menstrual bleeding, and to dry up a mother's milk when nursing was stopped. It was particularly noted for strengthening the nervous system, improving memory, and sharpening the senses. Sage was officially listed in the United States Pharmacopoeia from 1840 to 1900.

THERAPEUTIC ACTION:

DIAPHORETIC (sudorific)	aromatic
stimulant	tonic
EMMENAGOGUE	astringent
vulnerary	antiseptic
digestive	nervine (sedatives)
brain stimulant	expectorant
antispasmodic	anthelmintic (vermifuge)
condiment	

- excellent diaphoretic when used hot, opening the pores quite freely (but care should be taken as cold and congestion may result from exposure).
- it is very soothing and quieting to any excitement of the nerves and brain
- it is a good astringent and is very stimulating as a gargle
- it promotes a strong blood circulation within the system

- a substitute for quinine and it is more effective!
- there are over 500 species of this plant, of which a large number have either medicinal or culinary value.

MEDICINAL USES:

- **febrile conditions (fevers), nightsweats**
- **indigestion, flatulence, excessive salivation, ulcers of mouth and throat, excessive mucus discharges, nasal catarrh, suppresses or dries up mammary secretions, relaxed throat, laryngitis, tonsillitis, nasal sores, gum strengthener, teeth cleanser, expels worms, stops hemorrhages of wounds, cleanses sores and ulcers**
- **excessive sexual desire, sexual debility, spermatorrhea**
- **quinsy, dyspepsia, pneumonia**
- **kidney and liver troubles, nerve troubles, hysteria**
- **painful menstruation and related problems, pms, menopause, leucorrhea, encourages menstrual flow**
- **acne**
- **arthritis**
- **depression**
- **hayfever**
- **fatigue**
- **hair tonic - grows hair, removes dandruff**

USAGE:

Sage Tea or infusion of Sage is a valuable agent in the delirium of fevers and in the nervous excitement frequently accompanying brain and nervous diseases. It has a considerable reputation as a remedy, given in small and often-repeated doses. It is highly serviceable as a stimulant tonic in debility of the stomach and nervous system and weakness of digestion generally. It was for this reason that the Chinese valued it, giving it preference to their own tea.
It is considered a useful medicine in typhoid fever and beneficial in biliousness and liver complaints, kidney troubles, haemorrhage from the lungs or stomach, for colds in the head as well as sore throat, quinsy, measles, for pains in the joints, lethargy and palsy. It has been used to check excessive perspiration in phthisis cases, and is useful as an emmenagogue(stimulates menstrual flow).
A cup of the strong infusion has been found good to relieve nervous headache.

DANGER:

Sage is part of the Artemisia genus. The number of species in that genus is somewhere between 200 an 400. The lactone glycosides, santonin and artemisin are probably found in all Artemisia species and account for their anthelmintic properties. Thujone, a terpene-like ketone and essential oil is also found n the plant and may be responsible for some of its medicinal effects. However it is poisonous in large doses. Thujone is found in larger quantities in the European wormwood. A. absinthium, used in the now illegal liquor absinthe. The U.S. FDA classifies Artemisia as an unsafe herb containing a volatile oil which is an active narcotic poison.

DOSAGE:

Fluid Extract: 1/4 -1 tsp
Infusion: 1 wineglassful 3-4 times daily
Powder: 20-30 grains

Tincture: 1/2 - 1 tsp (20-60 minims/drops)
(N. American Indian Tincture: 16-40 drops 3-4X/day). Decoction 1 tsp leaves to 1 cup boiling water).

ADMINISTRATION:

Oral
Nightsweats: Drink 1 cupful of cold sage tea 2 times daily
Relaxed uvula, ulcerated throat, quinsy, laryngitis, tonsillitis: use equal parts of sage infusion and apple cider vinegar as a gargle;
Nervous troubles, delirious fevers: Give warm infusion
Pneumonia: Clear bowels, give 3-5 cupfuls of hot sage infusion 1/2 hour apart. Keep well covered in bed.
Skin Bleeding wounds, indulated sores, ulcers: use the infusion as a wash or fomentation, or bruise the fresh leaves and use as a poultice.

CATNIP

Botanical name: Nepeta cataria

Family: LABIATAE(mint)



OTHER NAMES: **Genus: Nepeta; Catmint(there is a proper catmint that is different), Catnep, Catswort, Fieldbalm, Katzenminze (German), hierba gatera (Spanish), katteurt (Danish), cataire (French).**

PART USED: above ground herb, leaves

GROWING: **Make sure there are no cats that can get to your catnip because it won't be there long if they get a sniff of it. This is a perennial herb, can be grown throughout North America and Europe (where if probably came from). It blooms June to Sept. And has a minto fragrance.Growing it is easy, but keep it away from cats it you want to harvest it.**

COLLECTION:

By gathering the plants (cutting back) in July, a second crop may be had in the fall. Gather the above ground parts just after the blooms open and hang in bundles to dry.

HISTORY:

Catnip has a long history of use in herbal medicine. The leaves and flowering tops are strongly antispasmodic, antitussive, astringent, carminative, diaphoretic, slightly emmenagogue, refrigerant, sedative, slightly stimulant, stomachic and tonic. Catnip is used as an herbal remedy for treating disorders of the digestive system and, as it stimulates sweating, it is useful in reducing fevers. The fresh juice of Catnip Herb is used as an emmenagogue (to promote menstruation). Mild catnip tea is used to relieve colic in babies, restlessness and nervousness, and is very useful as a mild nervine for children. Stronger Catnip tea relieves fevers due to colds and flu as well as calming the stomach and preventing nausea and diarrhea. Applied externally as an herbal poultice, or added to bath it is good for skin irritations. Catnip oil is great for aroma therapy. A strong infusion can be used to repel fleas from carpets or the fur of animals. An extract from the leaves (called nepetalactone) has herbicidal and insect repellent properties.

Folklore suggests eating the root may increase aggressiveness and irritability.

CONSTITUENTS: **Nepetalic acid, Alpha- & beta- Citral, Carvacrol, citronellol, nerol, pulegone, thymol caryophyllene and nepetalinic acid, iridoids, tannins, Nepetalactone, Limonene, Geraniol, Dipentene, Citronella, Acetic acid, Butyric acid, Rosmarinic acid, Valeric acid and Tannin.**

THERAPEUTIC ACTION:

Aromatic	RELAXANT	diffusive, stimulant
DIAPHORETIC	emmenagogue	antispasmodic
nervine	sedative	carminative
anodyne	refrigerant	antacid

MEDICINAL USES:

convulsions	restlessness	hysteria
cholorosis	colic	amenorrhea
toothache	nervous headache	flatulence
deranged stomach	spasms	prevent griping
insanity	fevers	fits
expel worms	colds	suppressed urinations

Catnip oil is a good mosquito repellent, apparently better than Deet. May work externally on animals for fleas.

Catnip tea is a good child's remedy. It helps with fevers and colds, colic, restlessness, motion sickness and nervousness. It can be tired for ADHD hyperactivity in children.

Antispasmodic qualities help many gastro disorders and cramping.

Poultice of leaves and flowers can be applied to reduce swelling from rheumatism, soft tissue injuries and other inflammatory conditions.

It can be used as a muscle relaxant and mild sedative which is why it is often used for tension headaches and migraines.

May help insomnia or other sleep disorders.

Helps bring about menses if delayed menstruation, tones uterus.

OTHER:

Young leaves can be eaten raw. They have a minty like flavour, use in salads. Fresh young shoots can be used in salads and rubbed into meat for flavour.

PREPARATION:

Fluid extract, infusion, powder, tincture.

Never boil catnip, as much of the therapeutic value is in the volatile oil.

DOSAGE:

Fluid Extract: 1/4 - 1 tsp as needed

Infusion: 1 wineglass to a cup as needed

Powder: 1/4 - 1/2 tsp as needed

Tincture: 1/2 - 1 tsp (fluid dram) as needed)

ADMINISTRATION

<u>Anal</u>

Convulsions, nervousness, colic, fevers, expel worms, bowel problems, (infants and children): give a warm injection of the infusion.

Hysteria, nervous headache, invagination of the bowels: a warm high enema of catnip infusion will bring relief

<u>Oral</u>

Pain, flatulence, acidity, spasms: give 2 tbsp frequently; children: 2-3 tsp.

Fevers, hysteria, nervousness, etc.: use the warm infusion

Suppressed urination: take the infusion cold.

<u>Congenial combinations:</u>

As a diffusive stimulant, ginger intensify the therapeutic action of catnip.

SPEARMINT

Botanical name: Mentha viridis

Family: LABIATAE(mint)



OTHER NAMES: garden mint, common mint, lamb mint, mackerel mint

Comparison to Peppermint:

- Spearmint is Mentha spicata species, while Peppermint is Mentha piperita species.
- Peppermint usually has a purple blooming flower; spearmint has pink or blue flowers.
- Spearmint is often used as mosquito repellent; peppermint is used as mild antiseptic and decongestant.
- Spearmint has sweet carvone taste; peppermint has menthol flavour making it quite cooling.
- Spearmint has hairy type leaves, smaller and wrinkled; peppermint has more shiny and darker stems and the leaves are larger than spearmint, more jagged.
- Spearmint leaves grow directly on the branch; peppermint grows on the stems

PARTS USED: herb, oil

GROWING: Easy. Quite invasive perennial that can take over the garden so sometimes it is best to contain it to an area.

Collection: gather just as the flowers appear (for oil, just after the flowers have expanded)

Congenial combinations:

- combine ginger with spearmint to intensify and accelerate its action

Sister plants:

Curled Mint (Mentha crispa; M. aquatica)
- cultivated form of spearmint

Peppermint (Mentha piperita)

Mentha cariaca
- sometimes sold as spearmint
- leaves are smaller and whorls of flowers are distant and leafy

Hyssop (Hyssopus officinalis)

THERAPEUTICS:

DIAPHORETIC	diuretic (lithotriptic)	stimulant
carminative	antispasmodic	aromatic
nervine (sedative)	condiment	nephritic
anti-emetic		

- similar to peppermint but it is much milder
- preferred in disorders of infancy, culinary purposes, confectionary, perfumery etc.
- a gentle diaphoretic action of mild perspiration, and as a diuretic it is very beneficial to the kidney, bladder (esp. for suppression of urine).

- very soothing and quieting agent for the nerves and stomach and it is added to many compounds because of its carminative properties and pleasant taste.

INDICATIONS:

- same as peppermint but much milder
- colic, flatulence, dyspepsia, spasms, dropsy, nausea, vomiting, gravel in bladder, urinary problems (suppression, painful or scalding), hemorrhoids, inflammation of kidneys and bladder, soothes and quiets the nerves, stomach disorders etc.

PREPARATION:

Fluid extract, infusion, oil, powder, tincture. Never boil as the important volatile oils will dissipate and be lost.

DOSAGE: (daily)

Fluid Extract: 1/4 - 1 tsp
Infusion: 1 cup 2-3 times a day
Oil: 1-3 drops
Powder: 15-60 grains
Tincture: 5ml (1 tsp) (1/2 - 1 fluid dram) 3 times a day

ADMINISTRATION:

<u>Anal</u>
Hemorrhoids: inject small amounts of infusion into rectum
<u>Oral</u>
Vomiting and nausea of pregnancy: use alone, or for an excellent combination.
Colic flatulence, hysteria: give an infusion and add ginger to intensify and accelerate the action